

Warm-up

Loose skips with arm swings (2x30m)
Backwards skips with arm swings 15 lunges(2x30m)
Side Skips with arm swings (2x20m)
Skip for Height (2x30m)
Skip for distance (2x30m)
High Knee Carioca (2x30m)
Leg Swings (12 each way)
A-Skips (2x30m)
B-Skips (2x30m)
Knee to chest (2x30m)
15 lunges(2x30m)
High Knees (2x30m)
Butt Kicks (2x30m)
Fast Leg right (2x30m)
Fast leg left (2x30m)
Fast leg alternate (2x30m)
4 Strides